

Cooking Fire Safety

What you should know about fire safety while cooking.

The kitchen is the leading area in the home where fires occurs.

1

To Prevent a Cooking Fire in Your Kitchen

- Never leave cooking unattended.
- Wear short or close fitting sleeves. Loose clothing can catch fire.
- Watch children closely. When old enough, teach children to cook safety.
- Clean cooking surfaces to prevent food and grease build-up.
- Keep curtains, towels pot holders and other flammable items away from stove surfaces.
- Turn pan handles inward to prevent food spills.
- Don't overload electrical outlets. You might cause an electrical fire by plugging too many appliances into the same outlet.
- Replace any cracked or frayed cords.

2

To Put Out a Cooking Fire in Your Kitchen

- Slide a pan lid over flames to smother a grease or oil fire, then turn off the heat and leave the lid in place until the pan cools. Never carry the pan outside.
- Keep the oven door shut and turn off the heat to smother an oven or broiler fire.
- For a microwave fire, keep the door closed and unplug the microwave. Call the fire department and make sure to have the oven serviced before you use it again.
- Keep a fire extinguisher in the kitchen. Make sure you have a multipurpose ABC rated extinguisher and know how to use it.
- For any fires that do not go out quickly, evacuate the area and call the fire department immediately.

3

Burn Injuries

- **If clothing catches on fire, “Stop, Drop and Roll”** – Do not run, this only fans the flames. Stop where you are, drop to the ground and roll over and over to smother the flames. Cover your face with your hands to protect it, as well as to shield your throat and lungs from burns. If someone else's clothes are on fire, push them to the ground and roll them over and over; or smother the flames with a blanket, a rug or a coat.
- **Cool a burn with running Water.**
 - If someone gets burned, run cool water over the burn for 5 to 10 minutes. This will prevent continued burning and relieve some of the pain.
 - If the burn is blistered, see a doctor as soon as possible. Burns may be worse than they seem at first.
 - If the burn is charred, involves the face, or is larger than 5% of the body, call 911 for an emergency response.

References: Association of Home Appliance Manufacturers, “Recipe for Safe Cooking” pamphlet <http://www.aham.org/cooksafe/cooksafe.cfm> ; National Fire Protection Association, Kitchen Fire Safety Brochure, Fact Sheet: Cooking Safety, <http://www.nfpa.org/Research/NFPAFactSheets/Cooking/cooking.asp>